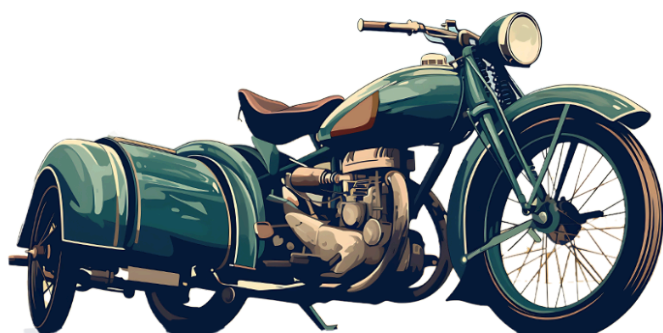




Ride or Die

Week 4 – A Heart Like Jesus: Living With Grace

Every relationship faces conflict—it's not a matter of if but when. Disagreements, hurt feelings, and unmet expectations are part of life with people we love. Left unresolved, conflict can tear us apart. But when we choose grace, we create space for forgiveness, healing, and deeper connection. Jesus' example shows us what it looks like to extend grace to others in their flaws and failures—and to humbly receive that same grace when we fall short.



LET'S GET STARTED – Emoji Life

Pick one emoji that sums up your week. (Any emoji works—funny, serious, or totally random!) Go around the group and have each person share their emoji and a quick story about why they chose it. You'll get a snapshot of everyone's week in a fun way!



VIEW

[Week 4: A Heart Like Jesus: Living With Grace.](#)

VIDEO NOTES

DISCUSS

1. Invite everyone to share a small, silly conflict they've had—maybe with a spouse, a roommate, a sibling, or even a coworker. Think: thermostat wars, leaving dishes in the sink, choosing a restaurant.

Why do you think even little disagreements can feel bigger than they are?



NAMING THE CONFLICT

READ ALOUD

Ephesians 4:26-27 (NIV)

26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

2. What are some ways you’ve seen conflict handled poorly? How did it affect the relationship?

3 Common Ways We Mishandle Conflict

Withdrawal – Shutting down, walking away, or refusing to engage. This avoids resolution and leaves wounds unhealed. (Ephesians 4:26–27)

Escalation – Letting anger spiral into yelling, blame, or harsh words that can’t be taken back. (James 1:19–20)

Belittling – Using sarcasm, insults, or degrading comments that tear the other person down. (Ephesians 4:29–31)

All three responses grow out of unresolved anger—and all three destroy intimacy instead of building it.

3. Why do you think anger so easily gives the “devil a foothold”?
4. How does unaddressed conflict grow into something larger than the original issue?

A BETTER WAY

READ ALOUD

James 1:19-20 (NIV)

19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, 20 because human anger does not produce the righteousness that God desires.

5. What makes it so difficult to listen first in moments of conflict?
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3 GRACE-FILLED WAYS TO HANDLE CONFLICT

Engage with Humility – Instead of withdrawing, stay present. Listen first, and seek to understand before responding. (James 1:19)

Respond with Gentleness – Instead of escalating, slow down and choose words that de-escalate rather than inflame. (Proverbs 15:1)

Speak to Build Up – Instead of belittling, use words that honor, encourage, and point toward healing. (Ephesians 4:29)

Grace doesn't avoid conflict—it transforms it into an opportunity for deeper connection.

6. Think about a time when someone really slowed down to listen to you in a conflict. How did their willingness to hear you out change the tone of the situation? What does that reveal about the power of listening in relationships?

THE TURNING POINT - GRACE

READ ALOUD

Ephesians 4:29-32 (NIV)

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.


7. Paul connects grace and forgiveness directly to the way we use our words. How can words either escalate or de-escalate conflict?
8. Why is forgiveness so difficult to offer, even though we know we've been forgiven by God? What happens when we withhold forgiveness?

THE HEART OF JESUS

READ ALOUD

Colossians 3:12-14 (NIV)

12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the



Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.

9. Paul describes clothing ourselves with compassion, kindness, humility, gentleness, and patience. Which of these “garments” feels most natural for you to put on, and which one do you resist? How might that resistance reveal something about how you approach conflict?
10. Forgiveness is rarely a one-time event; it often requires repeated choices. How have you experienced the ongoing work of forgiveness in a relationship? What does it look like to “forgive as the Lord forgave you” when the hurt keeps resurfacing?

APPLY IT

Conflict reveals our brokenness, but grace reveals Jesus’ power. No relationship survives without grace, and every relationship can thrive when forgiveness is practiced.

Takeaway: Grace doesn’t erase conflict—it transforms it.

This week, pay attention to your default response when tension arises. Do you withdraw, escalate, or belittle? What would it look like to pause and respond with grace instead? Ask God this week to show you one person you need to extend grace to—or one person from whom you need to seek forgiveness. Take the first step, even if it feels small.

